

Idaho Cherries — Downright Delicious!

Idaho's warm, lazy summer evenings are a perfect match for a favorite summer treat: **cherries**. Not only do these sweet fruits taste great, but they also contain a healthy mix of necessary nutrients, including pectin, which helps control blood cholesterol levels, vitamin C, beta-carotene, and potassium. **Cherries** are also high in antioxidants, which have anti-inflammatory and antihistaminic properties, as well as, being a potential inhibitor of cancer. A one-cup serving of **cherries** is low in calories and fat, giving you a sweet fix without the extra calories in other desserts.

Idaho **cherries**, grown all around the state, are of the "**sweet cherry**" family, which includes the well-known dark Bing **Cherry**, as well as, the lighter-skinned Lambert, Rainier, and Royal Ann **cherries**. There are other varieties of darker-skinned **cherries** grown in Idaho that include the Van, Chapman, Larian, and Black Republican **Cherries**. These delicious fruits are in season for only three short months, from the end of May until mid-August. Idaho **cherries** are at their sweetest and plumpest during the peak months of June and July.



Idaho is among the top 5 producers of sweet **cherries** in the nation, with harvest values averaging over \$3 million dollars annually! Idaho's top **cherry**-producing counties are Canyon, Washington, Payette, and Gem County. **Cherries** from these, and other counties are distributed all over the world, and are highly desirable, because of the quality and quantity of the fruits that our state produces.





Idaho's Healthy Harvest Celebration

Fresh Cherry Crostata

2C + 1T all-purpose flour
1/4C granulated sugar
1/2 t salt
1 1/2 sticks (6oz) cold, unsalted butter
+ 1T melted butter
1/2 C ice water
2T blanched almonds, finely chopped
3lb fresh sweet cherries, pitted

In a bowl, mix 2C flour with 1T of sugar and the salt. Add cold butter, and cut in briefly with a pastry cutter or fork. Add water and stir until dough begins to come together.

Gather up dough and transfer to a lightly floured surface. Knead briefly until it becomes smooth and cohesive. Wrap in plastic and refrigerate for at least 1 hour.

Mix almonds with remaining 1T flour and 1T sugar.

Preheat oven to 400 F. Roll dough into 15" round on floured surface; transfer to baking sheet. Sprinkle almond mixture over dough, to within 1 1/2" of edge.

Place cherries on top. Fold edges of dough over fruit.

Brush melted butter over exposed pastry edges, and sprinkle remaining sugar over entire pastry. Bake for 50-60 min, or until deeply browned. Serve warm.

Recipe serves 8.



To learn more, go to:
www.idahopreferred.com
or call the Marketing Division of the Idaho State Department of Agriculture at 208-332-8684 or the Idaho Cherry Commission at 208-722-5111.

Food of the Day

Idaho Cherries - Downright Delicious!

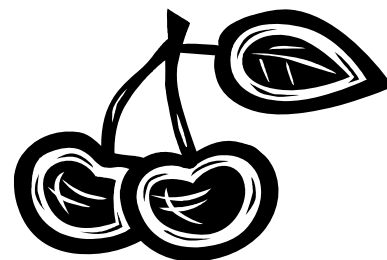
Idaho's warm, lazy summer evenings are a perfect match for a favorite summer treat: cherries. Not only do these sweet fruits provide for a delicious dessert, but they also contain a healthy mix of necessary nutrients, including pectin, which helps control blood cholesterol levels, vitamin C, beta-carotene, and potassium.

Cherries are also high in antioxidants, which have anti-inflammatory and antihistaminic properties, as well as being a potential inhibitor of cancer. A one-cup serving of cherries is also low in calories and fat, giving you a sweet fix without the extra calories in other desserts.

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Idaho is the number 5 producer of sweet cherries in the nation, with harvest values around \$4 million dollars! Idaho's top cherry-producing counties are Washington, Payette, and Gem County. Cherries from these, and other counties are distributed all over the world, and are highly desirable because of the quality and quantity of the fruits that our state produces.

For a simple and delicious treat made with fresh, nutritious Idaho Cherries, bake a traditional cherry pie, or try making a fresh cherry crostata, a delicious dessert of cherries wrapped in pastry.



Choosing and Storing Cherries

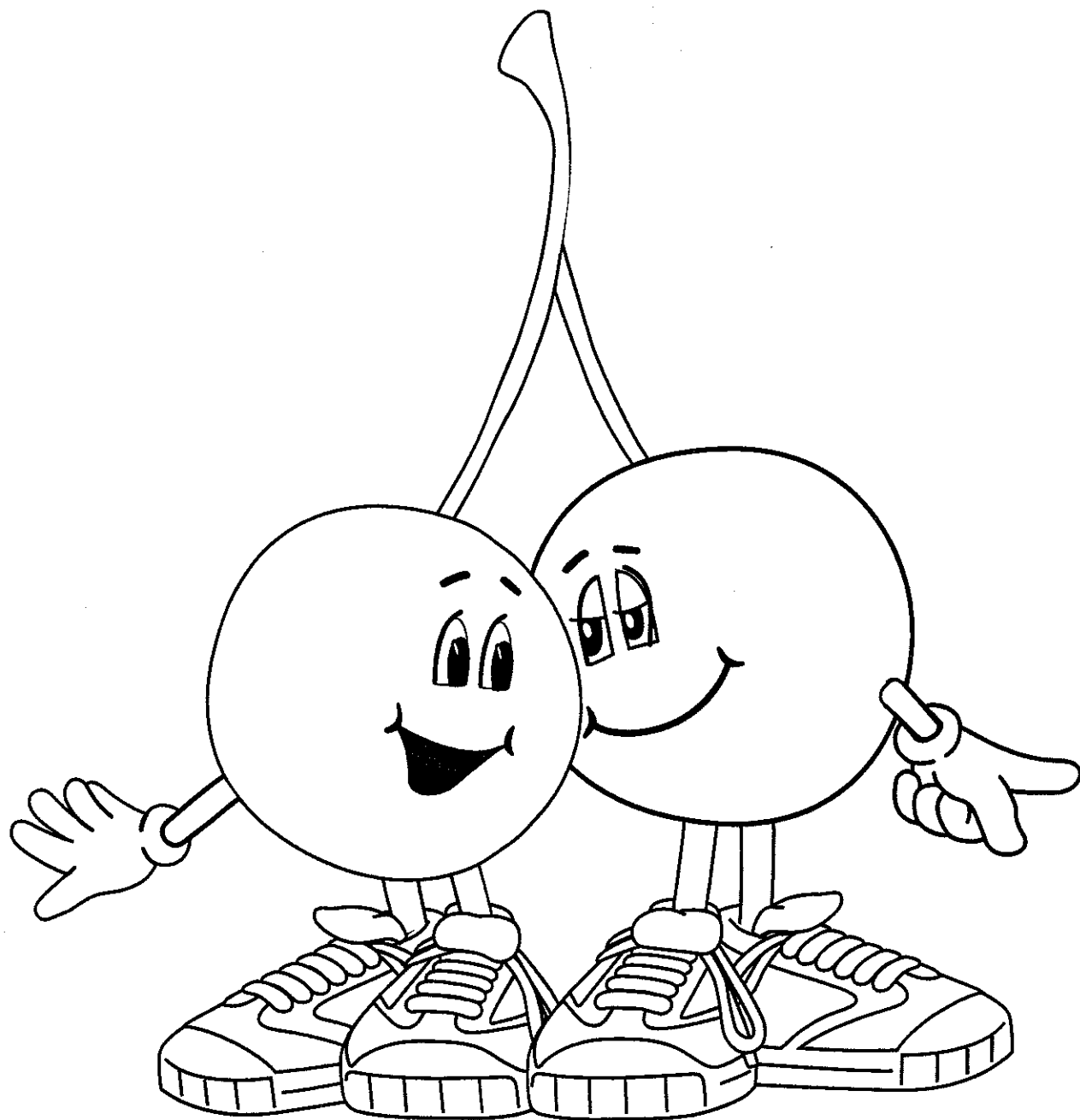
Fruits and vegetables grown by local Idaho producers are fresher and tastier than those shipped long distances from out-of-state farms. Idaho cherries can be found at the many farmer's markets around the state, as well as at local grocery stores. Roadside stands run by the farmers themselves are also a popular way to get the freshest produce available. Contact the Marketing Division of the Idaho State Department of Agriculture for locations and dates of the various farmer's markets.

When choosing cherries, pick fruits that have a smooth, undamaged skin, and are firm, but not hard, to the touch. A noticeable, but pleasant cherry smell will also indicate that the fruit is ripening nicely.

If you manage not to eat all of your delicious cherries at once, they store quite nicely in a refrigerator for 2-3 days, and will retain their fresh flavor after being frozen for up to 12 months.



From Idaho's Fields to
Idaho's Schools



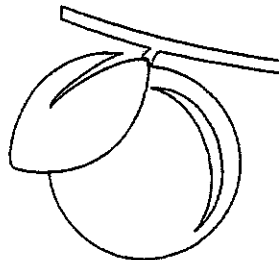
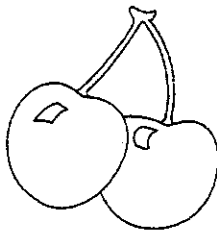
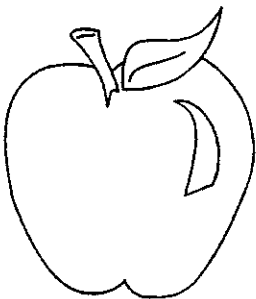
ACTIVITY
Fruit Crops
What Have You Learned?

NAME _____

Fruit	1965	1975	1985
Cherries			
Tons	2,200	1,550	2,100
\$ value	\$ 985,000	\$ 890,000	\$ 2,065,000
Peaches			
Tons	5,500	5,200	5,000
\$ value	\$ 709,000	\$ 1,218,000	\$ 1,960,000
Prunes/Plums			
Tons	21,000	14,000	14,500
\$ value	\$ 1,874,000	\$ 700,000	\$ 1,881,000
Apples			
Tons	33,600	47,500	70,000
\$ value	\$ 3,588,000	\$ 9,975,000	\$ 32,366,000

(Circle the correct answer)

- Sweet cherry production (increased/decreased) by (200/650 tons) from 1965 to 1975.
- Peach production (increased/decreased) by (200/500 tons) from 1975 to 1985.
- Prunes and plum production (increased/decreased) by (7,000/70,000 tons) from 1965 to 1975.
- Apple production income (increased/decreased) by (\$3,000,000/\$22,391,000) from 1975 to 1985.
- Rank 1, 2, 3, 4, the four fruits in tons produced in 1985.
 Apples (), Cherries (), Peaches (), Prunes/Plums ()
- Rank 1, 2, 3, 4, the four fruits in dollars in 1985.
 Apples (), Cherries (), Peaches (), Prunes/Plums ()



NAME _____

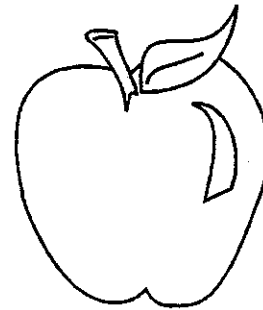
Worksheet N
Fruit Production
Multiplication

FRUIT CROPS

PLEASE SHOW YOUR WORK:

1. A dwarf apple tree grows to about 7 feet tall. It produces 2 bushels of apples per year. If 600 trees are planted on one acre of land, how many bushels of apples will be produced on that acre?

_____ bushels of apples



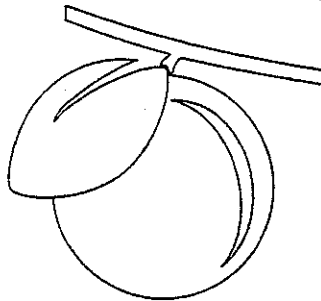
2. A bushel of apples weighs 42 pounds. How many pounds of apples can one dwarf apple tree produce?

_____ pounds of apples



3. A bushel of pears weighs 50 pounds. If an acre of pears yields 400 bushels, how many pounds would this be?

_____ pounds of pears

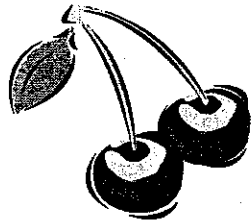


4. An acre of peaches can produce 300 bushels in IDAHO. One bushel of peaches weighs 48 pounds. How many pounds of peaches could be produced on one acre?

_____ pounds of peaches

5. A standard apple tree grows to be about 25 feet tall. Somewhere between 27 and 36 trees are normally planted per acre. This type of orchard will produce 900 bushels of apples. (A bushel of apples weighs 42 pounds.) How many pounds is this?

_____ pounds of apples



Cherry Word Search

Find the ten cherry words hidden below:

Lapin, Bing, Rainier, Sweetheart, Red, Healthy, Delicious, Fresh, Sweet,
Chelan.

S	U	O	I	C	I	L	E	D	L
A	R	M	R	E	W	P	A	L	A
B	T	R	A	I	N	I	E	R	P
A	I	M	R	S	D	P	R	L	I
A	R	N	R	W	D	A	W	L	N
Y	G	T	G	E	D	H	E	S	S
Y	N	A	R	E	N	K	R	A	W
H	A	U	R	E	Z	L	F	L	E
T	L	E	H	G	G	R	A	W	R
L	E	Q	S	H	E	N	A	E	N
A	H	N	E	Y	H	I	I	L	A
E	C	P	R	O	C	S	G	B	M
H	R	A	F	T	E	E	W	S	U
S	W	E	E	T	H	E	A	R	T

Hidden Cherries!

Color the drawing below. When you find the hidden cherries, color them in ripe colors. How many did you find?



Fast Facts About Cherries

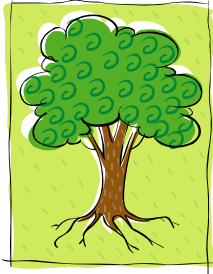
- The United States produces about 650 million pounds of sweet and tart cherries each year.
- The amount of tart cherries produced each year varies, depending on a number of factors, including the age of the trees and weather conditions. Generally, the total U.S. tart cherry crop is 275 to 300 million pounds. Michigan produces the largest tart cherry crop, harvesting, on average, 200 to 250 million pounds or 70 to 75 percent of the crop each year.
- Other states with commercial crops of tart cherries include Utah, which grows about 8 percent of the crop; New York, about 5 percent; Wisconsin, 4 percent. Washington, Oregon and Pennsylvania also have commercial crops of tart cherries.
- Mother Nature often plays a role in the cherry harvest. Late spring frosts can harm the crop significantly. In 2002 the U.S. tart cherry crop was almost completely destroyed by severe frosts in May. During the summer as the fruit is ripening, windy conditions or the amount of rainfall can effect the harvest. Tart cherry trees are very hardy and can survive cold winters, but it is best to have a thick layer of snow on the ground to protect the tree roots and keep them warmer.
- The major variety of tart cherry grown in the United States is the Montmorency. It has been cultivated in the United States for more than a century because the fruit is excellent for pies, preserves, jellies, juice and other products.
- America's newest tart cherry variety is a dark tart cherry similar to the dark-skinned European Morello. This U.S.-grown variety is called Balaton® (named for a lake in its native Hungary). This variety was developed by horticulturists at Michigan State University and has been field tested by growers in Michigan, Utah and Wisconsin.
- The United States leads the world in sweet cherry production, producing about 370 million pound every year. Sweet cherries primarily are grown in Washington, Oregon and California. Michigan joins the top four producers, harvesting about 20 percent of the crop each year.
- Most of the sweet cherries are sold fresh during the summer months. However, about 175 million pounds are frozen or canned, or used to produce maraschino or glacé cherries.

- The most famous sweet cherry variety is the Bing cherry. However, there are more than 1,000 varieties of sweet cherries, including some light sweet varieties such as Rainier and Queen Anne.
- Although a cherry tree can grow almost anywhere, the quantity and quality of its fruit depend on specific climatic conditions. For example, in Michigan, the tart cherry orchards are concentrated along Lake Michigan, where the lake tempers the winter winds and cools the orchards in summer.
- Cherry trees bloom in the spring. In cherry country, the orchards are covered with lovely white blossoms.
- Tart cherries are generally harvested in July after the fruit has turned ruby red. Tart cherries are seldom sold fresh because the fruit is very perishable. Light and heat can effect the bright red color of the cherry. Most tart cherries are either frozen or canned immediately after harvesting.
- The sweet cherry season starts in late May and runs through mid-August.
- There are about 7,000 cherries on an average tart cherry tree (the number varies depending on the age of the tree, weather and growing conditions), and it takes about 250 cherries to make a cherry pie, so each tree potentially could produce enough cherries for 28 pies.
- Cherry trees bear fruit for about 25 years, but some trees are more than 50 years old.
- Cherry trees begin to produce fruit about five years after being planted in the orchards. Full fruit bearing capacity is reached in 10 to 15 years. A fully mature cherry tree is capable of producing more than 100 pounds of fruit each season.
- February is National Cherry Month. Consumers are eager to buy cherry products in February to help celebrate a variety of special days during the month, including Presidents' Day, Valentine's Day and Paczki Day, (Fat Tuesday).
- The National Cherry Festival takes place every year during the first week of July in Traverse City, Michigan. The event draws more than 500,000 people from all over the world to sample cherry products and participate in festival events.
- The average U.S. citizen consumes about one pound of tart cherries per year. That is more than 260 million pounds per year.
- Dried tart cherries are a relatively new cherry product. These are great for snacks, and over salads or cereal. They also are tasty additions to appetizers, sauces, side dishes and baked goods.

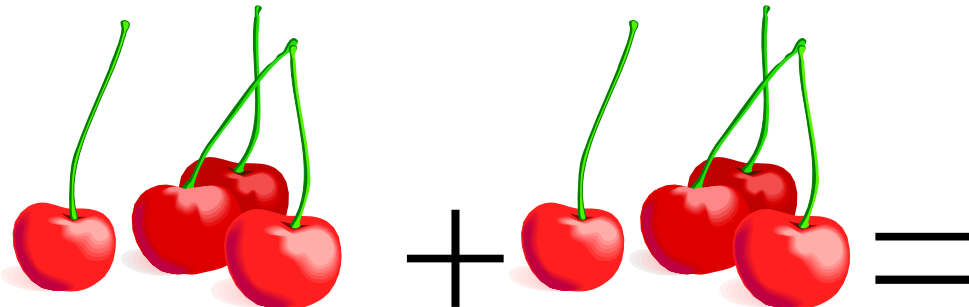
- It takes 6 to 8 pounds of fresh tart cherries to make 1 pound of dried cherries.
- Cherries contain powerful antioxidants that may help fight cancer and heart disease, according to research at Michigan State University. Eating about 20 cherries per day may reduce the pain of arthritis and gout.
- According to research at the University of Texas Health Science Center, tart cherries have high levels of melatonin, higher than other plant products previously studied. Melatonin is a potent antioxidant with a variety of reported beneficial health effects.

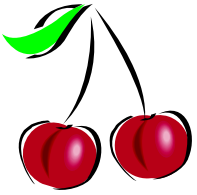
Kindergarten Cherry Activities

1. How many cherries are in the bag?
2. What color are the cherries?
3. Draw and color a cherry.
4. On what kind of plant does a cherry grow?



5. Add the cherries:



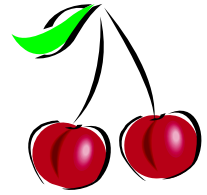


First Grade Cherry Activities

1. Estimate how many cherries are in the bag. _____
2. Count how many cherries are in the bag. _____
3. Sort cherries into groups of 10. How many groups of 10 are there? _____
4. Write a sentence describing what a cherry looks like.
5. In which food group would you find a cherry?
_____ Grain (breads and cereal) group
_____ Vegetable group
_____ Meat group
_____ Fruit group
_____ Other (fats, oils, sweets) group
6. Which season of the year could you pick cherries?
Draw and color a picture of a cherry tree with ripe cherries.
Draw a picture of the cherry tree during the winter.



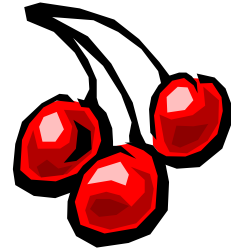
Second Grade Cherry Activities



1. Estimate how many cherries are in the bag. _____
2. Count how many cherries are in the bag. _____
3. Divide cherries evenly among all members of your group.
How many cherries does each person get? _____
Are there any cherries left over? If so, how many? _____
4. What kind of seed does a cherry have? First draw a picture of what you think a cherry seed looks like, then open cherry and draw actual seed.
5. Write a sentence describing what a cherry tastes like.
6. Which would be the most nutritious snack:
_____ 1 cup cherry cola
_____ 1 cup cherry-flavored applesauce
_____ 1 piece cherry pie
_____ 1 cup fresh cherries

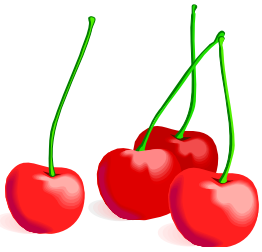


Third Grade Cherry Activities



1. Estimate how many cherries are in the bag. _____
2. Divide cherries into five equal groups. Write a multiplication problem to describe how many total cherries there are:
 $5 \times \underline{\quad} = \underline{\quad}$
3. Divide cherries evenly among all group members. How many cherries does each person get? _____
Are there any cherries left over? If so, how many? _____
4. What is one half of the total number of cherries? _____
5. Write a sentence about cherries. Underline the noun, circle the verb.
6. Make a list of at least five cherry-containing or cherry-flavored foods. Circle the one that you think would be the most nutritious snack.
7. Write a four line poem describing a cherry.

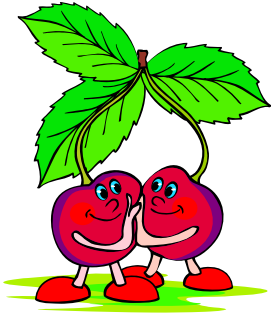




Fourth Grade Cherry Activities

1. Estimate how many cherries are in the bag. _____
Count how many cherries are in the bag. _____.
2. Write a division problem to determine how many cherries each person in your group will get if divided evenly.
3. How many cherries have stems? Write a fraction to describe what portion of the cherries have stems.
4. Make a bar graph comparing the number of single-stem cherries with number of double-stem cherries.
5. What is one fifth of the total number of cherries? _____
6. Write a sentence about cherries using at least three adjectives. Underline the noun, circle the verb.
7. Dietary recommendations suggest eating 5 servings of fruits and vegetables each day. How many cherries do you think would be considered 1 serving of fruit? Name three ways you might find the answer to this question.





Fifth Grade Cherry Activities

1. Estimate how many cherries are in the bag. _____
Count how many cherries are in the bag. _____.
2. If divided equally among your group, what percent of cherries would each person get?
3. If the entire bag of cherries weighs 20 ounces, how much do 10 cherries weigh?
4. Make a pie chart comparing the number of single-stem cherries, double-stem cherries, and cherries with no stem. Label with percentage of each.
5. What is 25% of the total number of cherries? _____
6. Multiply the number of cherries by 10^2 Write the answer in scientific notation.
7. The fresh cherry season is very short - lasting only about 3 weeks. Describe two ways that you could preserve cherries for consumption beyond the fresh fruit season. List one advantage to each type of preservation method.

